MARYLAND

1995-96
SWIMMING AND DIVING

THE UNIVERSITY OF MARYLAND

The University of Maryland at College Park

University Information

UPUB
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Location: College Park, MD
Enrollment: 30,371
Founded: 1807
Colors: Red, White, Black and Gold
President: Dr. William E. Kirwan
Athletic Director: Deborah A. Yow
Nickname: Terrapins/Terps
Home Facility: Cole Field House Swimming Pool
Affiliation: NCAA Division I
Conference: Atlantic Coast (ACC)
Sports Information Director: Herb Hartnett
Swimming and Diving Contact: TBA
SID Office Phone: (301) 314-7064
SID FAX Phone: (301) 314-9094
SID Mailing Address: P.O. Box 295, College Park, MD 20741-0295

Swimming and Diving Information:

Head Coach (Alma Mater): Jim Wenhold (Maryland '85)
Record at Maryland (Years): 24-24 (combined, 2 years)
Career Record: 24-24
Associate Head Coach: Teri Hayburn (Villanova '89)
Assistant Coach: Jeff Kostoff (Stanford '87)
Diving Coach: John Wolsh (Maryland '79)
1994-95 Record: Men 3-7, Women 10-2
1994 Conference Record: Men 0-4, Women 2-2
Letterwinners Returning/Lost: Men 10/0, Women 18/2

The 1995-96 Maryland Swimming and Diving Media Guide has been prepared by the University of Maryland Department of Intercollegiate Athletics, Sports Information Office, Cole Field House, College Park, Md. 20741. Written, edited and designed by Ross W. Knoblauch. A special thanks to Jim Wenhold and Teri Hayburn. Cover and photography by Lisa Helfert. Printed by Chroma Graphics, Landover, Md.

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Pictured on the cover are the top three returning scoring letterwinners for the men and women: (l to r) Adam Fullilove, Ryan Prosser, Scott Grayson, Eve Rossi, Sara Borst, and Dawn Josephson.

The Diamondback Terrapin

The University of Maryland is the only college in the United States to use the Terrapin as a mascot and nickname for its athletic teams. The senior class of 1933 decided to present the University with a bronzed replica of a Diamondback Terrapin and named it "Testudo." On October 1, 1994, a new state law declared the Diamondback Turtle (Malaclemy's Terrapin) the State Reptile and official mascot of the University of Maryland. Soon thereafter, the Terrapin was placed in the lobby of Cole Field House to welcome student-athletes and visitors. "Testudo" now resides on his throne in three campus places: in front of McKeldin Library on campus, in the east endzone of Byrd Stadium, and the Cole Field House lobby.

Men's Outlook

Maryland finished last year with an overall record of 3-7, 0-4 in the Atlantic Coast Conference, with a dual meet record of 3-8. Coach Wenhold and his staff look to improve on their sixth place finish in the ACC Championship.

Bolstered by the return of several key performers, immediate improvement is imminent for the men's team. Eight sophomores and a junior return to swim and two divers return for coach Wenhold. With the added experience, a new twist to a veteran coaching staff and a lack of injuries, the men should make a big jump both inside and outside the conference.

Wenhold has hand picked his squad, emphasizing quality over quantity. A lack of depth hurt the team at times last season; a problem the coaching staff hopes to avoid with more experience and a healthy year. In typical Jim Wenhold style, the most recent recruiting class is stronger than the previous. Seven new faces grace the poolside in College Park, this fall. The "new guys" bring with them impressive junior records. All seven freshmen bring multiple Junior National cuts which will provide immediate depth to last season's 75% all freshman squad. Wenhold welcomes this situation where time is of the essence. "A few guys will have to step up in order for us to have the kind of year we want," according to Wenhold.

One such performer is Scott Grayson, who was voted team MVP last season. His appearance in the 100 Breast ACC finals is a harbinger for Wenhold. Ryan Prosser returns as an ACC finalist in 50 and 100 Free. Adam Fullilove is another bright Free swimmer with a year of varsity experience. The 1995 Dave Diehl award winner for Maryland Swim Team dedication, Fullilove is a 200 Free ACC finalist and a consolation finalist in the 50 and 100 Free. Look for another Ryan, Ryan Anderson, to contribute early this fall. His specialties are the 500 and 1650 Free in long distance events. In the deep end of the pool, diver Jeff Busa scored in both the one and three meter competition at the ACC meet.

MARYLAND TERRAPINS

Women's Outlook

The women will have a difficult time improving last season's mark of 10-2; however, the more experienced team should better its 2-2 conference mark. Twenty-one freshmen, four sophomores, two juniors and one senior lead the way for the young Terrapin squad. Balance and depth are key components of the 1995-1996 team, which will have to deal with the graduation of Christina Burch. In a similar fashion to the men's team, this year's recruiting class is stronger than the previous year.

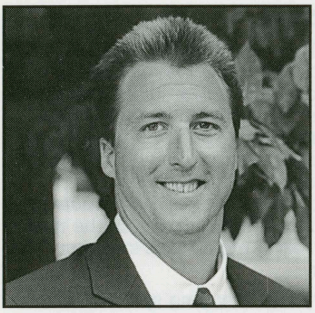
Sara Borst is Maryland's leading sprinter. A USS National qualifier in the 50 Free, Borst will continue where she left off last spring. She acheived the 4th fastest 50 Free time in the conference last year, which is the second best among returning ACC swimmers. Borst's 50 Fly is also the tops in the ACC. Leading the way in backstroke, Dawn Josephson returns as an ACC finalist in the 100 and 200 back. A member of Maryland's medley forces, she has been a consistent performer in the 200 Free Relay with a second place ACC finish for Maryland last spring. Kim Hildebrandt made the transition from Bloomsburg University while blossoming into a top scorer in the 50, 100, and 200 Free. The coaching staff will look for her to make a big impact, bettering her ACC finalist status. Walk-on Becky Wukitch finished last season strongly in the top eight in the ACC 1650 Free and as a consolation finalist in the 500 Free. With yet another promising star in Wukitch, Maryland's depth becomes clear. Wenhold looks for big things out of Jennifer Choich, who holds the school record in the 500 Freestyle. Eve Rossi may be Maryland's most versatile swimmer, able to excel in Freestyle, Breast, and most events in between. Look for Rossi to improve her IM times from her peak form last season.

Maryland has added several new faces in the pool. Transfer students Regan Billingsley from Villanova University and Cori Hudock from the University of Arizona will join the team this year. Billingsley, a sophomore, is a 50, 100, 200 Free specialist and will provide additional scoring for the relay teams. The women will benefit in the 100 and 200 Fly with junior Hudock's ability; she will also contribute in the 200 and 500 Free.

First-year diving coach John Wolsh returns to College Park looking for big things out of Marisa Proctor, and Alyssa Anderson in one and three meter competition.

Both squads will need to get out of the gate quickly, as the schedule presents stern challenges. The advent of the Olympic trials in March will push the top competition close to Maryland in a series of tough dual meets. Nine of the Terrapins' twelve meets come before Thanksgiving. Clemson returns to the schedule for the first time in several years. Maryland continues to climb to the top, but will face stiff competition in perennial ACC powers North Carolina and Virginia.

TERP LEADERSHIP



Jim Wenhold, Head Coach

The Maryland men's and women's swimming and diving team is on the rise thanks to a leadership facelift from third-year coach Jim Wenhold. Wenhold has brought back power and prestige to the program he swam for as an undergraduate.

Wenhold graduated Magna Cum Laude from Maryland (B.S. Physical Education) in 1985. While serving as the student assistant coach for the Terrapin sprinters, he completed degree requirements for his master's degree in Sports Management 1987. Wenhold was named Maryland's Director of Aquatics and became a full-time faculty member of the Department of Kinesiology in 1988.

"I am extremely pleased to have the opportunity to take command in the rebuilding of the Maryland swimming program. I am fortunate to have an extremely talented, energetic and motivated staff who will assist me in our move to the top. We are anxiously awaiting the construction of our state-of-the-art Natatorium which will allow us to provide one of the nation's top training and competition facilities to our athletes. We have an extremely young team which is excited to make their mark and serve as the foundation of the successes to come. The process has begun and as a team of coaches and athletes, we are collectively excited to continue our pursuit of academic and athletic excellence while providing our student-athletes with a tremendous and memorable college experience."

Wenhold is married to former Maryland swimmer Amy Dilweg.

Teri Hayburn, Associate Head Coach

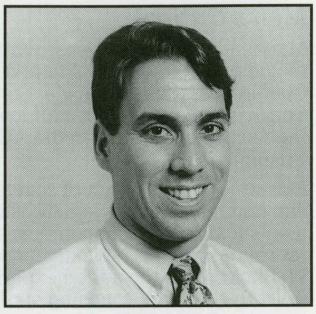
In her third year with the Maryland Swimming program, Teri Hayburn brings a wealth of swimming experience to College Park. Hayburn assists Jim Wenhold in program operations, training, practice, and recruiting.

She was a two time academic All-American. Her list of honors include being a twelve-time All-American (IM Back, Fly, Sprint Free), a two-year letterwinner, and a four-time Clarion University record holder. After transferring to Villanova in 1987, Hayburn earned first and second team all conference honors in six events. A two-year letter winner at Villanova, Hayburn was team captain and a four-time university record holder. For seven consecutive semesters, Hayburn made the Dean's List, graduating with a B.A. in Psychology (1989).

Hayburn's coaching career began at Villanova in 1989 as Assistant Swim Coach. Hayburn continued as a graduate coach at Maryland from 1990 to 1992. In 1992, she coached full-time at Maryland before moving on to become Associate Head Coach and Associate Director of Aquatics in College Park. In addition, she earned her master's degree of Education in 1992.

Teri was married August 26, 1995 to John Hayburn.

Coach On Hayburn: "Teri's energetic and amiable personality, combined with her intelligence, swimming experience and superb coaching ability make her a tremendous asset to the Maryland swimming program. Teri is a great communicator and listener who constantly motivates our team to high levels of achievement."



Jeff Kostoff, Assistant Coach

A graduate of one of the premier collegiate swimming and diving programs, Jeff Kostoff has proven his merit on all levels and both coasts. In his fourth year at Maryland, Kostoff has served as Assistant Coach since 1993. In swimming circles, Kostoff is widely acknowledged as one of the top distance freestylers of all time in the United States. He owns the national high school record of 4:16.00 in the 500 Free. While at Stanford University, Jeff was a five-time individual NCAA champion in the 1650 Free and 400 IM. He holds 12 career American records (500, 1000, 1650 yard Free, 800 Free and 400 IM). In addition, he has represented the United States in both the 1984 and 1988 Olympic Games in the 400 IM.

Kostoff earned his B.A. in History from Stanford in 1987. He is currently working on his master's degree in History at Maryland. He is married to Nadereh Zolghadr and has one son, Ojan, 9.

Coach On Kostoff: "His tremendous experience in and knowledge of the sport, combined with his great ability to communicate with young student athletes makes Jeff a huge asset to the Maryland swimming program."

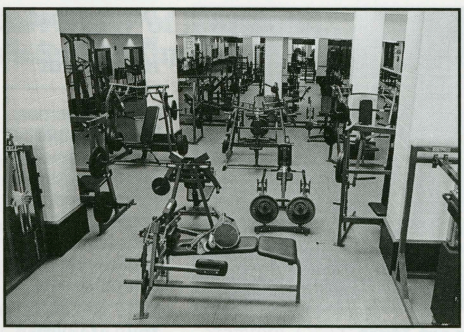
TERP LEADERSHIP/TERP SUPPORT

John Wolsh, Diving Coach

The newest member of the Maryland staff comes to College Park with an extensive national level diving resume. John Wolsh has served the United States Diving organization as vice-president in charge of development and coach education development for all Junior Olympic programs. He is a six-time U.S. Diving National Team Coach and has coached world and national champions. Wolsh also volunteers his time as a U.S. Diving Regional Technical Director in addition to being involved on the U.S. Diving Education Committee.

A Maryland graduate, Wolsh has worked continuously with divers in the Washington metropolitan area for over a decade. Before his USD appointment, he was the head diving coach at American University as well as an instructor in American's Health and Fitness Department. Wolsh also coaches the nationally recognized Montgomery Dive Club. Wolsh specializes in training athletic coaches for all sports and provides consultation from his own Maryland-based business.

Coach On Wolsh: "We are fortunate to add John's diving knowledge and talent to our coaching staff. In John, we gain a nationally respected member of the diving community, and a focused and driven individual. His work will result in additional improvement for Maryland Swimming and Diving.



Weight Room in the Varsity Team House

Strength and Conditioning

Before the swimming and diving team can compete at its finest, the strength and conditioning staff prepares the athletes. The physical preparation of a student-athlete to compete in swimming and diving has developed into a critical element of the program. Emphasis is put into the field of strength and conditioning at the University of Maryland to enhance performance as well as prevent injuries. Proper training in the offseason leads to top performances by individuals and winning records for the team as a whole. The Terrapins utilize the most innovative equipment in strength training with access to a state-of-the-art weight room. This new technology ensures that the athletes are in prime condition to enter competition.

Strength coach Dwight Galt employs a program that is geared towards maximizing athletic development. Dwight Galt heads the strength and conditioning staff and runs his office out of the spacious, technological football complex. Galt has been a member of the Maryland strength and conditioning staff for several years and works primarily with the football team.

Galt was an assistant strength coach at Maryland in 1984 and 1985 and rejoined the staff prior to the 1989 football season. During his career, he has worked extensively with the Washington Capitals of the National Hockey League and was the director of Frank Costello's Elite Training Center. A graduate of Maryland, Galt received his Bachelor of Science degree in business and management in 1983. He earned his Master's of Science in exercise physiology from Maryland in 1989.

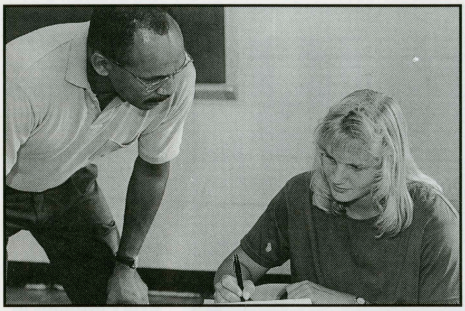
The Strength and Conditioning staff makes every attempt to accommodate the different training needs of each individual athlete. The Terp swimmers and divers are fortunate to train in one of the premier weight training facilities in the country. The Maryland Football Complex weight room features 7,200 square feet of space that holds training equipment which caters to the specific needs of swimming and diving. The main component of this facility is the free weight equipment, including ten mammoth power racks, Olympic platforms, and 11 tons of free weights. State-of-the-art electrolyzed and plate loaded equipment further gives the student-athlete the chance to better themselves.

The newest member of the strength and conditioning staff, Assistant Strength and Conditioning Coach, Lea Hankey, works closely with the swimming and diving team to guarantee a successful program.

After completing a bachelor's degree in kinesiological sciences in 1990, Hankey continued her studies at the University of Maryland. She earned a master's degree in sports psychology at College Park in 1993, featuring a master's project entitled *The Effects of Strength Training vs. Aerobic Conditioning on the Self-Concept of Females.*

Hankey, a competitive swimmer in high school, has served as an aerobics instructor and fitness instructor for nearly a decade. She will be an integral part of the swimming and diving team conditioning program in addition to helping the rest of Maryland's 24 varsity sports.

TERP SUPPORT



Don Pearman with Kim Hildebrandt

Academic Support Unit

A successful student almost always equates to a successful athlete. The commitment to academic excellence requires discipline, dedication and motivation. These are the same characteristics needed for an athlete to excel in the water. Striving for excellence is not just something that the University of Maryland student-athletes do on the field or in the pool.

The University of Maryland emphasizes the importance of academics in the student-athletes' lives on campus. Striving for success in both the classroom and in the pool, the athletic department created a program intended to offer both personal and academic development to student-athletes–the Academic Support Unit. Each ASU staff member is responsible for working with specific sports, counseling each student-athlete individually.

Dr. Javaune Adams-Gaston, educator and clinical psychologist, is the Director of Athletic Student Services. She oversees the student-athletes' educational well-being by her management of the Academic Support Unit. She is assisted by Liz Friedman, John Bowman and Don Pearman.

Friedman works directly with the Terp swimming and diving teams as its academic coordinator to ensure their success in the classroom. Friedman begins her fourth year as a full-time employee in the athletic department after four years of assisting on a part-time basis in the ASU. She is a graduate of College Park and a native of Rockville, MD.

In addition to individual academic counseling, each member of the ASU serves the department in other capacities. The staff operates a technological computer room, where student-athletes gain hands-on experience with computer software and hardware systems. The ASU also runs a comprehensive bookroom in which student-athletes can find various text books they will utilize during their undergraduate years.

Over 100 tutors in the ASU assist student-athletes in all areas of study. Student-athletes receive one on one training in any class necessary.

Towards a good start

The Academic Support Unit teaches an orientation course for freshman student-athletes **(Education 108, Orientation to the University)** to start the fall semester. The program is taught by the Academic Support staff and concentrates on study skills and development issues. The course is intended to make the transition to college easier.

The program allows newcomers to balance their dual roles of academics and athletics in an unfamiliar environment. Student-athletes are taught organizational skills, which include note-taking, time management, pro-active planning, learning strategies, test taking, and writing skills.

The University's **First Year Focus** program is designed to see that the new student gets off to a good start in College Park. It has three parts. To make sure the new student becomes acquainted with the campus' most important resource—its faculty—First Year Focus provides the student with the opportunity to study with a member of the faculty in a small class, appropriate for first year students, devoted to that faculty members scholarly interests.

The University invites the new student to participate in an innovative program called **Connections: Course Clusters**, which enables them to enroll in a variety of thematically related courses, supplemented by a one-credit linking seminar. The Student Government Association arranges for the new student to participate in its **First Year Books** activities. SGA selects a noteworthy book, which it hopes will be an intellectual starting point for the incoming class of students. First Year Focus is designed to make the big University small, to allow the vast resources of a research university with some of the intimacy of a small college.

The Academic Support Unit has a positive effect on the athletes and plays an important role in University of Maryland athletics. The Men's and Women's Swimming and Diving program excels in the classroom and has captured the honors to prove it. For the past 14 semesters, the women's squad has earned a place on the NCAA All-academic team Honor Roll. During the Spring of 1994, their collective 3.4 GPA was the best among all Division I teams. In the last two years, 49 UMCP swimmers have been named to the ACC Honor Roll, which recognizes student athletes who achieve a 3.0 or higher GPA for the full academic year.

"The members of the swimming and diving team are good, solid students who are able to balance academics and athletics. They are a group of initiators and self-motivators. When they know what has to get done, they do it. Their positive attitudes in the classroom directly correlate to their spirit in the pool."

Liz Friedman

ASU offers a variety of programs which include:

- Personal academic assessment.
- Academic advising and counseling.
- Supervised study.
- Learning and study skill programs.
- Group and individual tutoring.
- Computer training and usage.
- Career mentor.
- Summer internships.

University of Maryland
Men's Swimming and Diving

Name	Event	Yr	Hometown/High School
Chris Adams	Spr. Free, Fly	Fr	Trappe, MD/Trappe
Ryan Anderson	Free, IM	So	Fort Collins, CO/Rocky Mountain
Jason Brothers	Fly	Fr	Fort Collins, CO/Rocky Mountain
Scot Budde	Distance Free	Fr	Mechanicsburg,PA/CumberlandValley
Jeff Busa	Diving	Sr	Wallingford, CT/Mark T. Sheehan
Matthew Childs	Sprint Free, Fly	Fr	Wallingford, PA/Strath Haven
Mike Del Pizzo	Freestyle	So	Newtown Square, PA/St Joseph's
Rick Fee	Distance Free	Sr	Portage, IN/Portage
Adam Fullilove	Spr. Free, Fly, Back	So	Stamford, CT/Stamford
Al Godinez	Sprint Free	Fr	Silver Spring, MD/Einstein
Scott Grayson	Breast, IM, Spr. Free	So	Briarcliff Manor, NY/Briarcliff
Brad Isbell	Diving	Sr	Gaithersburg, MD/Wooten
Kyle Jakosh	Back, Free	Fr	Sagamore Hills, OH/St. Ignatius
Kevin McHugh	Breaststroke	Fr	Freehold, NJ/Christian Brothers Academy
Ryan Prosser	Back, Spr. Free	So	Fairport, NY/Fairport
Andrew Smith	Distance Free	Fr	West Chester, PA/West Chester East
Theo Tomljanovish	Back, IM	Fr	Nyack, NY/Bergen Catholic
John Williamson	Breaststroke	So	Huntington, NY/St. Anthony's
Jay Wolberg	Back, Spr. Free	Fr	Littleton, CO/Regis Jesuit

Head Coach: Jim Wenhold (Maryland '85)
Associate Head Coach: Teri Hayburn (Villanova '89)
Assistant Coach: Jeff Kostoff (Stanford '87)
Diving Coach: John Wolsh (Maryland '79)
Student Coach: Geoff Wilcox
Managers: Ken Myers (Head)
John Diehl
Rod Godinez
Leah Siskind

WOMEN'S ROSTER

University of Maryland
Women's Swimming and Diving

Name	Event	Yr	Hometown/High School
Alyssa Anderson	Diving	Fr	Minnetonka, MN/Hopkins
Regan Billingsley	Free	So	Chevy Chase, MD/Bethesda-Chevy Chase
Sara Borst	Sprint Free	Jr	West Chester, PA/W.C. East
Erin Cain	Back	Fr	Severna Park, MD/Severna Park
Jennifer Choich	Free	So	Tulsa, OK/Hawken,OH
Jennifer DeVito	Breast, IM	Fr	Webster, NY/Webster
Kristen Erndl	IM, Fly	Fr	Martinez, GA/Evan
Erin Galloway	Breast, Back	Fr	Midlothian, VA/Midlothian
Missy Haynie	Free	Fr	Millersville, MD/Old Mill
Kim Hildebrandt	Free	Sr	Bel Air, MD/Bel Air
Cori Hudock	Fly, IM	Jr	Roswell, GA/Chattaboochee
Shannon Hunter	Diving	Fr	Arlington, VA/O'Connell
Dawn Josephson	Back, IM	So	Tampa, FL/Tampa Prep
Danielle Kissel	Fly, IM	So	Boothwyn, PA/Archmere Academy
Christi Marasco	Diving	So	Lutherville, MD/Dulaney
Jordan McAmmond	Back, IM	Jr	Rochester, NY/East
Dana Morelli	Diving	Fr	Derwood, MD/Magruder
Amy Musk	Breast	So	Millersville, MD/Old Mill
Colleen O'Boyle	Back, Free, Fly	So	Red Bank, NJ/Middletown
Katie Polasek	Free, Breast	Fr	Countryside, IL/Lyons Township
Marissa Proctor	Diving	So	Tecumseh, MI/Tecumseh
Denise Reiton	Diving	Fr	Newburgh, NY/Newburgh Free Academy
Eve Rossi	IM, Breast, Free	So	Cranston, RI/St. Mary's Academy
Heather Schadler	Fly, Sprint Free, Back	So	Souderton, PA/Souderton
Brook Spores	Free, Breast	So	North Pole, Alaska/North Pole
Stephanie Wilson	Free	Fr	Gaithersburg, MD/Watkins Mill
Rebecca Wutkitch	Free	So	Pittsburgh, PA/North Hills

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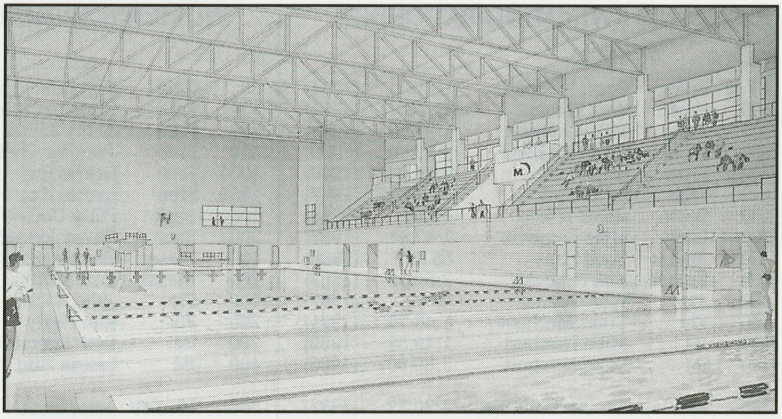
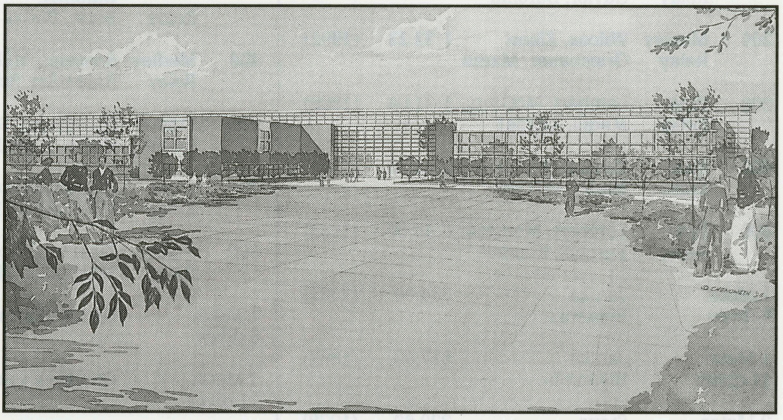
Student Coach: Geoff Wilcox
Managers: Ken Myers (Head)
John Diehl
Rod Godinez
Leah Siskind

Women's 200 Medley Relay school record holders: (from left) Borst, Musk, Josephson.

TERP FACILITIES





Second to none: The new recreational facility in College Park will be ready for the start of the 1997-98 season.

As the Maryland swimming program moves toward national prominence, the facilities follow right behind on the College Park campus. Construction begins next year on a new swimming and diving facility, which will house the varsity teams well into the next century. Campus officials have assembled the best architectural and aquatic consulting talent in the nation to construct the new 200,000 square foot Campus Recreation Complex. Sasaki and Associates of Watertown, MA and Ayers Saint Gross of Baltimore, MD teamed up with Bill Rowley, consultant for the 1984 Los Angeles Olympic venue, to determine what will meet competitive swimmers needs. The varsity team will move from the current facility, Cole Field House Pool, to the new arena in the fall of 1997. Maryland makes a long-term commitment to the future of the swimming and diving program with the state-of-the-art indoor Natatorium complex, which features:

- 50 M x 25 M yard. competition pool with two movable bulkheads
- depth 8' - 13 1/2', all deep water
- 9 foot wide competition lanes
- (2) 1 meter and (2) 3 meter concrete pedestal mounted springboards
- 10 lane 25 yard warm-up pool adjacent to competition pool
- balcony seating for more than 1000 spectators w/concession stands
- 16,689 square foot deck area for teams and additional spectator seating
- Men's and Women's Varsity Team Locker rooms w/oversized lockers
- Men's and Women's Visiting Team Locker rooms
- Men's and Women's Officials Locker rooms
- Two 150 square foot saunas off pool deck
- Two multi-purpose meeting rooms off pool deck
- Outdoor Pool for outdoor training and social events
- 25 M x 25 yard pool
- Two 1 meter springboards
- 12,000 square foot weight training and cardiovascular fitness area
- 1/10 mile indoor track
- gymnasiums, dance studio, sales shop, food service

When the plans have been converted into reality, Maryland will have one of the top aquatic complexes in the Atlantic Coast Conference and the nation. College Park will attract future conference championships and numerous national and international competitions. Elite swimmers and divers from around the country will converge to College Park, where the "build it and they will come" credo is put to use.

VARSITY RECORDS

MEN'S SWIMMING RECORDS

50	Free	Geoff Wilcox	20.18	(1994)
100	Free	Kurt Kendall	44.31	(1991)
200	Free	Mike Lambert	1:37.33	(1989)
500	Free	Trent McNicol	4:29.48	(1990)
1000	Free	Brian Park	9:18.0 0	(1988)
1650	Free	Brian Park	15:39.15	(1987)
100	Back	Geoff Wilcox	49.78	(1994)
200	Back	Mike Lambert	1:47.81	(1987)
100	Breast	Todd Gray	55.89	(1986)
200	Breast	Kirk Sanocki	2:01.13	(1982)
100	Fly	Wes Gaynor	49.80	(1987)
200	Fly	Trent McNicol	1:48.78	(1991)
200	IM	Mike Lambert	1:49.38	(1989)
400	IM	Mike Lambert	3:55.60	(1986)
400	Medley Relay	Lambert, Burton, Gaylor, Burchill	3:20.59	(1987)
200	Medley Relay	Wilcox, Elliott, Griesbauer, Madill	1:32.23	(1992)
200	Free Relay	Lambert, McGinty, Madill, Kendall	1:21.04	(1989)
400	Free Relay	Kendall, McNicol, Madill, Wilcox	2:59.23	(1991)
800	Free Relay	Lambert, Mortimer, Burchill, Kendall	6:40.00	(1989)
1 Meter 6 dives		Janika Biyannila	334.00	(1987)
1 Meter 11 dives		Janika Biyannila	517.00	(1987)
3 Meter 6 dives		Steve Shinholser	330.60	(1978)
3 Meter 11 dives		Janika Biyannila	540.30	(1992)

WOMEN'S SWIMMING RECORDS

50	Free	Christina Burch	23.56	(1995)
100	Free	Christina Burch	51.51	(1995)
200	Free	Kathy Smith	1:52.80	(1982)
500	Free	Jennifer Choich	4:58.25	(1995)
1000	Free	Laurie Hug	10:08.82	(1986)
1650	Free	Laurie Hug	16:55.06	(1986)
100	Back	Patty Corson	56.76	(1986)
200	Back	Dawn Jospehson	2:03.28	(1995)
100	Breast	Wendy Schaper	1:04.19	(1988)
200	Breast	Dori Miller	2:18.43	(1990)
100	Fly	Julie Rocks	56:31	(1989)
200	Fly	Kim Peifly	2:01.65	(1985)
200	IM	Beth Spector	2:08.00	(1986)
400	IM	Laurie Hug	4:27.07	(1986)
200	Medley Relay	Josephson, Gammel, Borst, Burch	1:48.12	(1995)
400	Medley Relay	Bosseler, Miller, Braendlin, Schorn	3:56.99	(1990)
200	Free Relay	Hildebradt, Borst, Burch, Josephson	1:35.11	(1995)
400	Free Relay	Zimsen, Schorn, Malakates, Murphy	3:29.35	(1989)
800	Free Relay	Zimsen, Schorn, Malakates, Murphy	7:37.41	(1989)
1 Meter 6 dives		Nicole Marasco	288.45	(1994)
1 Meter 11 dives		Courtney Carr	441.70	(1988)
3 Meter 6 dives		Nicole Marasco	300.40	(1994)
3 Meter 11 dives		Courtney Carr	486.00	(1988)

Recipients of NCAA Post Graduate Scholarship Awards

Kurt Kendall

Christina Burch

WELCOME TO MARYLAND

THE UNIVERSITY AT COLLEGE PARK—Choosing Quality

These are great days at the University of Maryland at College Park. The university, through an act of the state legislature, has been designated officially as the state's flagship campus with a mandate to become one of the nation's leading public universities. The effect of the mandate is for individuals from all corners of the university to aspire toward excellence, to think great thoughts and to become immersed in an educational enterprise of the highest caliber. There is an unmistakable momentum for change and a sense of heightened expectation at College Park-Maryland is choosing quality.

The faculty has enthusiastically endorsed a new general education program that began in the fall of 1990. It is a blueprint for comprehensive changes in the undergraduate experience at Maryland. The campus is reducing its undergraduate enrollment, improving the ratio between faculty and students, raising admissions standards, revamping the University Honors Program, strengthening the advising system, supporting expanded undergraduate research and encouraging innovations in teaching.

We invite you to take a closer look at the University of Maryland, its extensive academic programs, faculty, research facilities, student activities, support services, resources and opportunities. See for yourself the number of different ways in which Maryland is choosing quality.

Locale

The state of Maryland is unrivaled in its scenic beauty, its rich heritage, and its wealth of educational, recreational, and cultural opportunities. From the mountain passes of Garrett County in the West, to the sand dunes of Assateague Island on the Eastern Shore, and the cosmopolitan excitement of Baltimore and Washington, D.C., there is an unparalleled variety of experiences and resources available to students at the University.

Nine miles from the nation's capital, the University of Maryland at College Park is within easy reach of the country's best research facilities. The Library of Congress, the National Archives, the Smithsonian Institution and the National Libraries of Agriculture and Medicine are among the many unique resources in the area.

In addition to traditional scholarly resources, the campus is surrounded by the dynamic cultural opportunities that only a major metropolitan area can provide. The Kennedy Center alone houses the National Symphony Orchestra, five performance stages, an opera company, and the American Film Institute. In Baltimore, one of the great ports of the world, a recent and remarkable renaissance has added the glistening touch of office towers and hotels to the quaint shops and ethnic restaurants of its many colorful neighborhoods. Harborplace and the National Aquarium anchor the Inner Harbor, which has become a cultural magnet for thousands of tourists each year.

Not far from any point in the state is evidence of the burgeoning development which has made Maryland a model for economic growth and fiscal health. High tech, engineering, and service industries thrive in proximity to the campus, offering a wide spectrum of opportunities for work study or internships for students and career choices for graduates.

The University of Maryland at College Park, as the flagship campus of the state's higher education system, is a vital part of Maryland's current prosperity and its vision for the future. For students here, the state offers a bounteous extension to the campus' own wealth of opportunity.

Choosing by the numbers

3 miles are all that separate a College Park student from Washington, D.C. The Washington monument is less than 10 miles away.

24 flavors of our own homemade ice cream, from our own home-grown cows, are available at the Campus Dairy in the Turner Building on Route 1 next to the Visitor Center.

25 locations on campus provide 446 PCs, plus CAD terminals and other computer-driven tools for study or research.

35 miles separate the College Park student from Baltimore and the Inner Harbor, one of the great riverfronts in the world.

78 RPM (rubs per minute) is the record high for one of College Park's oldest traditions. It happens during exams, and before football games, when hopeful students give Testudo and his Cole Field House twin rubs for good luck.

113 undergraduate majors are available at College Park.

186 stately columns grace the Georgian architecture of our major buildings, among them 40 residence halls providing rooms, suites, or apartments for 8,000 campus residents.

265 student organizations are registered on campus of which all students can participate.

325 classrooms and laboratories set the stage for learning; courses in 110 different major fields of study offer choices and specializations for every interest.

1589 acres of trees, malls, and quiet corners make this campus a beautiful retreat and a self-contained city. With 300 buildings, four theatres, nine restaurants, banks, shops and recreation facilities, the College Park campus is a lively and cosmopolitan community.

3,000,000 books, journals and magazines support students and research in College Park's library system.

4,600,000 items are on micofilm format in the campus libraries.

1995-1996 UNIVERSITY OF MARYLAND SWIMMING & DIVING

1995-96 SCHEDULE

Date	Opponent(s)	Location	Time
October			
Sat. 14	Clemson/UNC	Chapel Hill, NC	12:00 p.m.
Fri. 27	Metro Relays	Washington, D.C.	5:00 p.m.
Sat. 28	La Salle	Philadelphia, PA	2:00 p.m.
November			
Fri. 3	James Madison	Harrisonburg, VA	2:00p.m.-dive 4:00p.m.-swim
Sat. 4	Virginia	Charlottesville, VA	2:00 p.m.
Sat. 11	North Carolina State	College Park, MD	9:00 a.m.
Sun. 12	Duke	College Park, MD	2:00 p.m.
Sat. 18	UMBC	Baltimore, MD	1:00 p.m.
December			
Thurs. 7	Howard	College Park, MD	4:00 p.m.
January			
Sat. 13	West Virginia	Morgantown, WV	1:00 p.m.
Fri. 19	George Washington	College Park, MD	2:00p.m.-dive 4:00 p.m.-swim
Sat. 20	Naval Academy (w)	Annapolis, MD	1:00 p.m.
February			
Thur. 1-Sat. 3	ACC Championships (w)	Chapel Hill, NC	TBA
Thur. 8-Sat. 10	ACC Championships (m)	Chapel Hill, NC	TBA
Thur. 8-Sun. 11	USS Nationals	Orlando, FL	TBA
Fri. 16	Tar Heel Invitational	Chapel Hill, NC	3:00 p.m.
March			
Wed. 6-Tues.12	Olympic Trials	Indianapolis, IN	TBA
Fri. 15-Sat. 16	NCAA Zone Division Championships	Athens, GA	TBA
Tues.19 Sat. 23	USS Junior Nationals	Nashville, TN	TBA
Thur.21-Sat. 23	NCAA Championships (w)	Ann Arbor, MI	TBA
Thur. 28-Sat. 30	NCAA Championships (m)	Austin, TX	TBA